

AMENDMENTS TO CLAIMS

1. (Currently Amended). A method of exercising a hand, said hand including fingers and a palm, said method ~~including~~ comprising the steps of
- (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said exercise apparatus having a generally circular center line Y and a deformability which permits one portion of the apparatus to be rotated by the fingers while another portion of the apparatus is stationary;
- (b) grasping the exercise apparatus in the hand between the fingers and palm such that a first portion of the apparatus is grasped by the fingers and a second portion of the apparatus nests in the palm of the hand;
- (c) moving ~~using~~ the fingers to simultaneously
- (i) displace said first portion toward said second portion, and
- (ii) elastically rotate and twist said first portion about said centerline Y while said second portion generally remains nested in and is prevented from rotating by the palm.
2. (New). The method of Claim 1 wherein said first portion has a generally circular cross sectional area and said cross-sectional area is reduced by less than 5% during step (c).

- 1 3. (New). The method of Claim 1 wherein said first portion has a generally circular
2 cross section area and said cross-sectional area is reduced by less than 20% during
3 step (c).
4
- 5 4. (New). The method of Claim 1 wherein said exercise apparatus has a durometer
6 in the range of 40 to 50.
7
8
- 9 5. (New). The method of Claim 1 wherein said exercise apparatus includes a central
10 opening having a diameter in the range of one and five-eighths inches to two and
11 one-eighth inches, and includes a generally circular elastic ring circumscribing said
12 opening and having a circular cross-section with a diameter in the range of five-
13 eighths to nine-eighths of an inch.
14
15
- 16 6. (New). A method of exercising a hand, said hand including fingers and a palm, said
17 palm including an upper portion, each of said fingers including a lower portion, said
18 method comprising the steps of
19 (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said
20 exercise apparatus having a generally circular center line Y and a deformability
21 which permits
22 (i) one portion of the apparatus to be rotated by the fingers while another
23 portion of the apparatus is stationary, and
24 (ii) said apparatus to arch elastically into the upper portion of the palm and the
25 lower portion of each of the fingers;
26
27 (b) grasping the exercise apparatus in the hand between the fingers and palm such that
28

- 1 a first portion of the apparatus is grasped by the fingers and a second portion of the
2 apparatus nests in the palm of the hand;
- 3 (c) moving the fingers to simultaneously
4 (i) displace said first portion toward said second portion,
5 (ii) elastically rotate and twist said first portion about said centerline Y while said
6 second portion generally remains nested in and is prevented from rotating
7 by the palm, and
8 (iii) cause said apparatus to elastically arch into the upper portion of the palm
9 and the lower portion of each of the fingers.
10
- 11
- 12 7. (New). The method of Claim 6 wherein said first portion has a generally circular
13 cross-sectional area and said cross-sectional area is reduced by less than 5%
14 during step (c).
15
- 16
- 17 8. (New). The method of Claim 6 wherein said first portion has a generally circular
18 cross section area and said cross-sectional area is reduced by less than 20% during
19 step (c).
20
- 21
- 22 9. (New). The method of Claim 6 wherein said exercise apparatus has a durometer
23 in the range of 40 to 50.
24
- 25 10. (New). The method of Claim 6 wherein said exercise apparatus includes a central
26 opening having a diameter in the range of one and five-eighths inches to two and
27 one-eighth inches, and includes a generally circular elastic ring circumscribing said
28

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28

opening and having a circular cross-section with a diameter in the range of five-eighths to nine-eighths of an inch.

11. (New). The method of Claim 4 wherein said exercise apparatus is fabricated from rubber.

12. (New). The method of Claim 9 wherein said exercise apparatus is fabricated from rubber.